



R 101010 C - 7/12

Rehydro Zinc

Powder for oral solution

Composition :

Each sachet (4.111 g) contains :

Dextrose anhydrous	2.7 g.
Trisodium citrate dihydrate (Equiv. to 0.51 gm Trisodium citrate anhydrous)	0.58 g.
Sodium chloride	0.52 g.
Potassium chloride	0.3 g.
Zinc acetate anhydrous	0.011g.

Pharmacological action :

Rehydro zinc powder for oral rehydration solution is well balanced formula consisting of sugar, salts and zinc to replace body fluids and electrolytes lost as a result of diarrhea.

- Sodium chloride & Potassium chloride : Replace electrolyte deficit adequately and safely.
- Dextrose : Enhance absorption of electrolytes and water from the intestine.
- Sodium citrate : Added to revert metabolic acidosis.
- Zinc : Improves absorption of water and electrolytes thus preventing subsequent episodes of diarrhea. WHO and UNICEF recommend daily zinc supplements for children with acute diarrhea to curtail the severity of the episode and prevent further occurrences in the ensuing 2-3 months.

Rehydro zinc easily usage in hospital and at home.

Pharmacokinetics :

- Sodium chloride & Potassium chloride : Are readily absorbed from the gastrointestinal tract excreted mainly by the kidney and some are lost in the faeces and sweat.
- Dextrose : Readily absorbed from the gastrointestinal tract, metabolized via pyruvic or lactic acid to carbon dioxide and water with release of energy.
- Sodium citrate : Metabolized after absorption to bicarbonate.
- Zinc acetate : Absorption from gastrointestinal tract is incomplete. 20 % to 30 % zinc is distributed throughout the body with highest concentration present in the muscle, bone, skin, eye and prostatic fluids. It is primarily excreted in the faeces. Small amount are lost in the urine and perspiration.

Indications :

- Treatment of dehydration caused by gastroenteritis or diarrhea.
- Excessive losses of electrolytes in the faeces e.g. chronic diarrhea associated with intestinal malabsorption or laxative abuse.

Contra-Indication :

Gastro-intestinal tract obstruction.

Side Effects :

Vomiting can occur after taking oral rehydration solution, this may indicate that it was given too quickly. If vomiting occur, administration should be halted for 10 minutes then resumed in smaller, more frequent amounts.

Drug Interactions : Not known.

Warnings & Precautions :

- * Caution is required in the following cases :
 - kidney disease (including people who are producing very small amounts or no urine).
 - Liver disease.
 - People on low sodium or potassium diet.
 - Diabetes.
 - Severe and persistent diarrhea and vomiting.
- * For infants only breast-feeding or formula feed should be continued during the hours of rehydration therapy.

Pregnancy and Lactation :

Rehydro zinc can be used safely during pregnancy and lactation.

Dosage & Administration :

- Dissolve the contents of the sachet in 200 ml fresh water (previously boiled and cooled water for infants) and given slowly by using a spoon.
- Don't boil the prepared solution.
- The solution should be made up immediately before use and used within one hour. If refrigerated the solution should be used within 24 hours only.

Usual dose : 200-400 ml solution after every loose stool.
Infants : 1-1 1/2 times usual feed volume.
Child : 200 ml solution after every loose stool.

N.B. :

- Maximum daily dose is 5 sachets (1 liter) (as the daily dose of zinc recommended by WHO and UNICEF is 20 mg zinc daily)
- Once rehydration is complete, the patient should drink normal volume of fluids, in infant breast feeding or formula feed should be offered between oral rehydration drink.

Packing :

Carton box of 10 sachets.

Storage :

Keep away from moisture & at temp. not exceeding 30°C

- Medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sales the medicament.
- The doctor and the pharmacist are experts in medicine. It's benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep medicament out of children reach

Council of Arab Health Ministers and Union of Arab Pharmacists

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